

Welcome

The Southeastern Massachusetts Adult Walking Club meets each weekend on either a Saturday or Sunday at 1:00 for recreational walks. This club is open to people of 16 years of age and older, and there is no fee to join. Walks average 2 to 5 miles. New walkers are encouraged to participate.

The terrain can vary:

- ▲ EASY (mostly level terrain)
- ▲▲ MODERATE (hilly terrain)
- ▲▲▲ DIFFICULT (strenuous & steep)

Walks will be led by a park ranger or a Walking Club volunteer leader.

Occasionally, the Walking Club meets at other DCR sites. Some DCR sites charge a parking fee.

The rangers recommend wearing hiking boots and bringing drinking water on all hikes.



March

Sunday, March 2

1:00 pm



Moderate walk, hilly terrain, 3 miles. Wolcott Path to Wildcat Notch and return via Halfway Path. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.

Saturday, March 15

1:00 pm



Moderate walk, hilly terrain, 3.5 miles. Walk the green dot loop in the Great Blue Hill section via Wolcott Path. Meet at the Trailside Museum north parking lot at 1904 Canton Ave. in Milton.

Sunday, March 23

1:00 pm



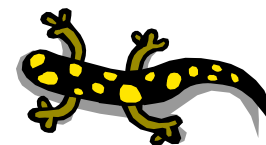
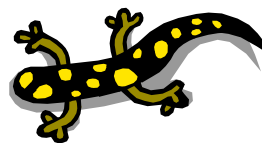
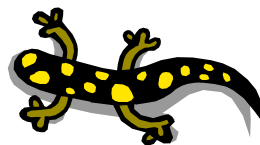
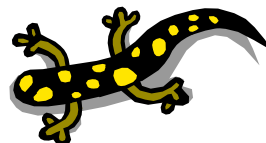
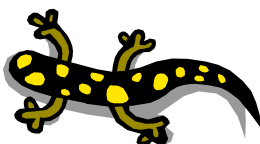
Easy walk, about 3.5 miles. Walk by a cranberry bog, through the woods, along the "Beach to Nowhere," around Middle Pond and by Dog Rock at Massasoit State Park. Meet at the main parking lot at 1361 Middleboro Ave. in East Taunton.

Saturday, March 29

1:00 pm



Moderate walk, with some hills, 2+ miles. Walk around Tucker Hill on the green dot trail. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.



April

Saturday, April 5

1:00 pm



Moderate walk, some hilly and rocky terrain, about 4 miles. Hike to the park's High Rock area. Meet at F. Gilbert Hills State Forest at Headquarters parking lot at 45 Mill Street in Foxboro.

Saturday, April 12

1:00 pm



Moderate walk, hilly terrain, 3.5 miles. Wolcott Path to Breakneck Ledge to Chestnut Run and Border Path, return via Wildcat Notch and Coon Hollow. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.

Sunday, April 13

1:00 pm



Moderate walk, some hilly terrain, 4 miles. Walk from St. Moritz Pond to Sawcut Notch, return on Indian Camp Path. Meet at the Shea Rink parking lot at 651 Willard St. in Quincy.

May

Saturday, May 3

1:00 pm



Moderate walk, hilly terrain, 3 miles. Headquarters Path to Doe Hollow Path and return via Bugbee Path. Meet at the Houghton's Pond main parking lot on 840 Hillside St. in Milton.

Saturday, May 10

1:00 pm



Easy walk, 3 miles. Walk the Pond Walk Trail that loops around Leech Pond. Meet at Borderland State Park Visitor Center at 259 Massapoag Ave. in North Easton. \$2 per car parking fee.

Sunday, May 18

1:00 pm



Moderate walk, some hilly terrain, 3 miles. Walk from the Donovan School to Ponkapoag Trail and return via Madden Road. Meet at the Donovan School on 123 Reed St. in Randolph.

Saturday, May 24

1:00 pm



Moderate walk, some hills, 4 miles. Old Rte. 128 to Beech Hollow and Doe Hollow. Return via the green dot trail. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.

Saturday, May 31

1:00 pm



Easy walk, 2 miles. Loop around Houghton's Pond and old Rte. 128. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.



Things to know before you go

- Wear sturdy footwear
- Carry drinking water
- We will hike unless the weather creates unsafe conditions
- If weather conditions are questionable, please call the reservation headquarters at 508-866-2580, ext 165

**Check out
the DCR
Healthy Heart
Trails !**



DCR is excited about our Healthy Heart Trails program to promote better health and fitness while connecting with nature. We have designated more than 70 Healthy Heart Trails across the state and hope that you will make them part of your regular exercise routine. We encourage you to not only track your mileage, but to record your experience. Download the tracking chart at www.mass.gov/dcr/recreate/hht to calculate your progress.

If you would like to receive this brochure via e-mail, please send an e-mail request to: Tom.Bender@state.ma.us

Department of Conservation and Recreation
Blue Hills Reservation
695 Hillside St. Milton, MA 02186
508-866-2580, ext 165
www.mass.gov/dcr



Spring 2014

Southeastern Massachusetts Adult Walking Club

